

It's OK to not be OK... and we're talking about it.

Imagine if we talked about mental health as much as we talked about sports... or reality TV or what's trending on FB or what's happening in politics. Many of us don't go a day without talking about one of these. What if talking about mental health was part of our normal conversation?

First, understand it's OK to not be OK. Then look to your Concordia Health Plan benefits and/or your faith community to find solutions that can provide you the emotional support you need to manage your mental health. When you do, you protect your health and those who you love.

Let us help you find the solution that is best suited for how you're feeling right now. Use the images below that best describe your emotional health.

Go to **Vitality** to improve your general mental well-being by relieving stress through physical and other healthy activities.

Check out the **emotional support resources** available through The Lutheran Church–Missouri Synod.

Talk to your pastor about your mental struggles. Or if you're an LCMS pastor, use the **Pastoral Support Network** to find emotional support for yourself.

Use **Grand Rounds Health** to find psychologists and psychiatrists, as well as other professional health care providers.

Look to the **Employee Assistance Program (EAP)** or your **telehealth** benefits if you're in a crisis situation and need counseling right away.

Most importantly, if you ever feel that you may hurt yourself or someone else, call 911 or the National Suicide Prevention Lifeline at 800-273-8255.